

# THE WELLFLEET WAVE

newsletter of the Wellfleet Council on Aging  
715 Old King's Highway • Wellfleet • 02667

## COA STAFF DIRECTORY

Suzanne Grout Thomas, Director ~Ext. 202 [suzanne.thomas@wellfleet-ma.gov](mailto:suzanne.thomas@wellfleet-ma.gov)  
Linda Rockwell Balch, Outreach Coordinator ~Ext. 201 [linda.balch@wellfleet-ma.gov](mailto:linda.balch@wellfleet-ma.gov)  
Terri Frazier, Office Manager ~ Ext. 205 [terri.frazier@wellfleet-ma.gov](mailto:terri.frazier@wellfleet-ma.gov)  
Sally Largey, Office Assistant/Volunteer Coordinator ~ [sally.largey@wellfleet-ma.gov](mailto:sally.largey@wellfleet-ma.gov)

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GENERAL PHONE NUMBERS

508-349-2800 OR 349-0313

FAX: 508-349-0319



## COLLAGE MAKING

*Collage is a technique of art production where artwork is made from an assemblage of different forms so to create a new whole. This hands-on workshop will explore the art of collage through a variety of exercises and observations. We will provide the core supplies and you bring the trimmings: decorative papers, recycled greeting cards, ribbons, candy wrappers and whole lot more. Led by Wellfleet artist Michael Walczak, this easy going, hands-on workshop is a great way to make some cards for giving and pictures for framing. Workshop limited to 10 people. Fee of \$5 per person, per class. Six classes (participants are encouraged to attend all six sessions) ~ April 18, 25, May 2, 9, 16 & 23 ~ from 1 - 3 PM at the COA. **Please call to reserve your spot. Minimum 5-person enrollment required. ~ funded by the Friends of the COA ~***

## HOME FIRE/GENERAL DISASTER PREPAREDNESS

Wednesday, April 4<sup>th</sup> ~ 11 AM – 12 Noon ~ Are you prepared if a home fire or other natural disaster strikes? Join AmeriCorps members/Red Cross Educators for a presentation on home fire & general disaster preparedness. FREE. Call to reserve your spot.



## DATES TO REMEMBER

**Wednesday, March 7<sup>th</sup>** ~ Alzheimer's Assoc. Annual Wine Reception Benefit (page 3)

**Monday, March 19<sup>th</sup>** ~ new 10-week exercise session begins (page 4)

**Wednesday, April 4<sup>th</sup>** ~ American Red Cross Home Fire Safety Presentation

**Wednesday, April 11<sup>th</sup>** ~ Coffee With A Cop (page 5)

**Monday, April 16<sup>th</sup>** ~ closed for Patriots' Day

**Monday, April 23<sup>rd</sup>** ~ Annual Town Meeting ~ 7 PM at Wellfleet Elementary School

**Wednesday, April 18<sup>th</sup>** ~ Collage With Michael

**Monday, April 30<sup>th</sup>** ~ No exercise classes

**Monday, April 30<sup>th</sup>** ~ Annual Town Election ~ polls open at 12 noon at Wellfleet COA

## COMING IN MAY

May 6<sup>th</sup> ~ Mass Appeal Fashion Show Fundraiser at the COA

May Spring Fling with Toast & Jam HERE!! ~ Stay tuned for date

## ♥ FOR YOUR HEALTH

♥ **ASK A NURSE:** Visiting Nurses Association of Cape Cod, offers FREE services every WEDNESDAY from 10 AM - 12 NOON. Come in and meet Charlie Altieri, R.N.:



- Blood pressure
- Weight monitoring
- Nutrition advice & counseling
- Medication questions
- Information on area services
- Information on common communicable diseases
- Information on common medical problems
- Health and wellness questions

♥ **DR. CAMPO, PODIATRIST:** For all foot care problems and routine care. NOTE: Most podiatry services are covered by Medicare & other insurance (prior approval needed for HMO's) ~ the balance of what insurance does not cover is patient's responsibility, including any co-payments mandated by your insurance carrier. Appointments must be booked through the COA. *March 9, 23 & April 13, 27. NEW SCHEDULING PROCEDURE FOR DR. CAMPO: There will be no scheduling of "floats". Patients must adhere to scheduled time, NO EXCEPTIONS. Emergency appointments are scheduled through the Boston office, not the COA. Thank you.*

### ***Activity is the best for those with chronic conditions (Mayo Clinic Feb 2018)***

When you are limited by a chronic health condition, exercise may be challenging. However, a recent study emphasizes that the benefits of physical activity may be greatest for those with chronic disease.

The study, published in the March 2017 issue of Mayo Clinic Proceedings, looked at the self-reported activity habits of almost 4000 people 60 and older. It was noted at the start of the study whether the participants had chronic or limiting health conditions including asthma, high blood pressure, heart disease, stroke, arthritis, diabetes and hip fracture.

After an average follow-up of nine years, researchers found that inactive participants with the highest number of chronic conditions had the highest risk of death. Meanwhile, those with the highest number of chronic conditions experienced the greatest life prolonging benefit from physical activity. While the risk of death over the study decreased by 33 percent for exercisers with one chronic condition, 35 percent in exercisers with two chronic conditions, and 47 percent in exercisers with three or more. The risk reduction occurred not just in people who said they exercised several times a week but also in those who reported their activity level as several times a month and occasional.

Your activity level and types of activity may depend on the conditions you have, but any movement is better than none, discuss with your doctor what activities are safe and any precautions you may need to take. **Join Melissa for an exercise class ! (see Page Four)**



***BE WELL! LIVE STRONG! LIVE LONG!***

***Charlie Altieri, RN, Public Health Nurse  
Visiting Nurse Association of Cape Cod***

## ► FOR YOUR ASSISTANCE

► **MONTHLY FREE HEARING CLINICS AT THE COA ~ cancelled until further notice**

► **ARE YOU READY FOR MEDICARE?** Deb Ford of New York Life will be hosting Medicare Review Seminars on *Wednesday, March 21 and Wednesday, April 18 at 4 PM*. Focus is on those individuals turning 65; however, all are welcome. Review of Medicare, the differences between Parts A and B, Medicare coverage and Part D prescription drug coverage. Call COA to reserve a spot for the Wednesday sessions or individual appointments are available for those unable to attend on above dates ~ call Deb Ford at 508-367-0061 to schedule.

► **DR. MARLENE DENESSEN:** Counseling services at the COA on Mondays. She is a senior professional and can help with all kinds of life situations. Try a free session with no obligation. If you decide to continue, her services are insurance billable. Call 508-896-7790 for an appointment.



► **FUEL ASSISTANCE:** *The COA is an intake site for income-eligible Wellfleet residents. Please call to schedule your confidential appointment and obtain a list of necessary filing documents.*

► **GOSNOLD COUNSELING:** Sara Moran, MA and Dawn White, LCSW are Gosnold counselors available at the COA. Sara is available on Thursdays and Dawn on Tuesdays. They can provide therapy for various mental health issues such as anxiety, depression or substance use. Services are confidential and individualized to meet the needs of the specific client. Many health insurances can be billed for payment. Call the Gosnold office at 508-540-6550 for an appointment.

► **LEGAL ASSISTANCE:** *60 years of age or older ~* By appointment on the second Wednesday of the month, from 10 - Noon. Conducted by Attorney Tom Kosman, of Legal Services for Cape Cod and the Islands. Free. March 14, April 11.

► **TRANSPORTATION:** For Wellfleet residents 60+. Call us for more information. Monday - Wednesday - medical appointments, Thursday - Wellfleet day, Friday - Orleans grocery shopping.



Serving the Towns of:  
Provincetown, Truro,  
Wellfleet, Eastham, Orleans,  
Brewster and Harwich

### ANNUAL WINE RECEPTION BENEFIT

Please join us on Wednesday, March 7, 2018

4:00-7:00 pm

PB Boulangerie Bistro  
LeCount Hollow Road  
South Wellfleet



\$35 per Person

Limited Number of Tickets Available

Please reserve your tickets today!

For tickets, please contact:

Mary at 508-737-3328 or Margaret at 508-237-1568

Tickets also available at the Wellfleet Senior Center

*Thank you for your support!*

The Alzheimer's Association Serving the Lower Cape is a 501(c)(3) non-profit organization. Your donation is deductible as allowed by law.

Post Office Box 1000 • Wellfleet MA 02667 • 508-737-3328  
www.wellfleetalzassoc.org

**ALZHEIMER'S ASSOCIATION SERVING THE LOWER CAPE:** Serves from Provincetown to Chatham by raising funds to be used to alleviate the financial and emotional stress created by Alzheimer's disease or other memory deficiencies. The Association works with the Outreach staff of the Councils on Aging to identify patients and caregivers in need. All applications are confidential and are submitted by the Outreach worker at the COA in your town. Please call Wellfleet COA Outreach Coordinator, Linda Balch for more information.

## FUNDRAISER





## 🍏 FOR YOUR DINING PLEASURE

- 🍏 **IRIS'S CAFÉ:** Every Thursday at 12:30 - \$7.50 per person, all luncheons include coffee & dessert, reservations required by Wednesday. Menu on last page of The Wave.
- 🍏 **OUTER CAPE COMMUNITY COFFEE:** Coffee & fresh baked scones. Monday - Friday.
- 🍏 **SOUP/SALAD TO GO:** Maryann's homemade salad or soup, pint packed to travel, \$4.00 ~ every Monday!

## ★ FOR YOUR FUN AND ENTERTAINMENT

- ★ **BRIDGE:** Every Friday from 1-4. Beginners welcome. Non-competitive, casual & fun.
- ★ **COLLAGE MAKING:** *Six-week course beginning April 18<sup>th</sup> ~ See Page 1.*
- ★ **QUILTING GROUP:** First and third Thursday, from 1-4 in our Conference Room.
- ★ **SCRABBLE:** Join other Scrabble enthusiasts, every Thursday immediately after Iris's Café.



## ★ MAH JONGG ★

Coming in April/May ~ instructor and playing times ~ stay tuned for details!



- ★ **WELLFLEET WAVE BOOK CLUB:** Thursday, March 15<sup>th</sup> at 1:30 ~ *A Perfect Spy* by John Le Carre ~ "Le Carre's best book, one of the enduring peaks of imaginative literature in our time." – Los Angeles Times
- Thursday, April 19<sup>th</sup> at 1:30 ~ *The Satanic Verses* by Salman Rushdie ~ "[A] torrent of endlessly inventive prose, by turns comic and enraged, embracing life in all its contradictions. In this spectacular novel, verbal pyrotechnics barely outshine its psychological truths." – Dan Cryer, "Newsday"

## ☺ FOR YOUR WELL-BEING

### Balance/General Exercise & Strength Training with Melissa Shantz 10-WEEK EXERCISE SESSION

*Next session Monday, March 19<sup>th</sup> – Friday, May 25<sup>th</sup>*

Mix & match your days/classes ~ FOR BALANCE/GENERAL EXERCISE  
AND/OR STRENGTH TRAINING CLASSES ONLY

discounted rates for multiple sessions ~ 1X per week for \$55,

2X per week \$80, 3X per week \$100, 4X per week \$120

Drop-ins welcome, \$7 per class drop-in rate

mid-session drop-ins will NOT be pro-rated

**NO  
CLASSES  
APRIL 16 &  
APRIL 30**

- ☺ **BALANCE/GENERAL EXERCISE CLASS:** Basic exercise to help with balance & aid in stability, head to toe limbering, strengthening, seated & standing exercise, light weight work available, *every day except Thursday*, 10:15 – 11:15 AM
- ☺ **STRENGTH TRAINING CLASS:** Low-impact aerobics/strengthening class, 1 hour of isolations, stretching, strengthening/low impact aerobics, optional end of class weight work, Thera-bands & weights available, *every day except Thursday*, 8:45 – 10 AM.
- ☺ **STRETCH AND STRENGTHEN MAT CLASS WITH MELISSA:** A little Pilates, core work, centering & meditation, arthritis friendly ~ Thursday mornings, 8:45-10 ~ \$7.00 per class.  
*Note: Physician's approval absolutely required for all exercise classes!*

## ◆ **FOR YOUR SUPPORT**

◆ **ALZHEIMER'S/DEMENTIA CAREGIVER'S SUPPORT GROUP:** Facilitated by Alzheimer's Family Support Center Executive Director Dr. Molly Perdue. Loved ones with Mild Cognitive Impairment or early-stage Alzheimer's are welcome, for whom separate support will be provided. Second Tuesday of each month, 3 - 4:30 PM ~ March 13, April 10. Call the COA or the Support Center for more information 508-737-7934

◆ **BEREAVEMENT SUPPORT GROUP:** Sponsored by VNA Hospice & Palliative Care of Cape Cod, facilitated by Nancy Higgins, LICSW. 2<sup>nd</sup> & 4<sup>th</sup> Thursdays, 10:30 - 12. This is an open, drop-in style group for anyone who is grieving the death of a loved one. Emotional support, coping skills & companionship in a safe, non-judgmental environment. Call Nancy for more information at 508-957-7715. March 8, 22 & April 12, 26.

◆ **CAREGIVER'S SUPPORT GROUP:** Are you a caregiver? Do you know of a caregiver? The COA sponsored support group can be a powerful tool ~ visit fellow caregivers and knowledgeable group leaders for information sharing and peer support. Meetings are held at the COA on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month, from 10-11:30 AM. The meetings are free and all are welcome. March 6, 20 & April 3, 17.

◆ **FRIENDLY VISITOR PROGRAM:** *If you would be interested in being one of our Friendly Visitor volunteers or if you would like a Friendly Visitor, please contact Linda Balch, Outreach Coordinator.*

◆ **WELLFLEET POLICE DEPARTMENT COUNCIL ON AGING LIAISON:** Wellfleet Police Officer George Spirito has been designated as a liaison to the Council on Aging. You will see George around the center frequently, stopping in to visit, for coffee, Iris's Café, just to chat. George has also left his business cards at the front desk of the COA should anyone like to contact him with any questions or concerns.

***COFFEE WITH A COP ~ Join Officer Spirito in the Living Room for coffee on Wednesday, April 11 from 8:30 - 10:30 for coffee and conversation.***



## ~ **MASS APPEAL ~ NEW HOURS ~**

Tuesdays through Saturdays from 9 AM – 12 NOON.

Mark your calendar for the May 6<sup>th</sup>

Mass Appeal Luncheon Fashion Show here at the COA.

**Here's hoping we won't need this reminder for the upcoming months, but just in case...**


When the snow flies, please know that we operate on the same schedule as the Nauset School System – **if schools are cancelled for Nauset, ALL OUR PROGRAMS WILL BE CANCELLED AS WELL, INCLUDING TRANSPORTATION.** The COA will be open unless Wellfleet Town Hall is closed. Cancellations are broadcast on local radio and TV stations and will be posted on the COA Facebook page. Additionally, we often need time in the morning to get the walks and parking lots clear. For everyone's safety, we recommend you **CALL US FIRST** during bad weather before venturing out.



Find us on  
**Facebook**

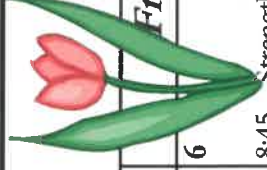
**FIND AND "LIKE" THE  
WELLFLEET COA ON FACEBOOK  
FOR NEWS AND EVENTS!**


# March 2018 ~ COA Activities

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   |
|--|---|---|--|--|
| <b>GREAT POND ARTIST<br/>OF THE MONTH<br/>ROBERT HENRY</b>           |   |   |  |  |
| <b>5</b><br>8:45 Strength Training<br>10:15 Balance/Exercise   | <b>6</b><br>8 Gosnold Counseling<br>8:45 Strength Training<br>10:15 Balance/Exercise<br>10 Caregiver's Support Grp.                         | <b>7</b><br>8:45 Strength Training<br>10 Ask A Nurse<br>10:15 Balance/Exercise<br><i>4 - 7 Alzheimer's Fundraiser<br/>at PB Boulangerie</i> | <b>1</b><br>8:45 Stretch & Strengthen<br>11:30 Gosnold Counseling<br>12:30 Iris's Café<br>1 Quilting<br>2 Scrabble   | <b>2</b><br>8:45 Strength Training<br>10:15 Balance/Exercise<br>1 Bridge                 |
| <b>12</b><br>8:45 Strength Training<br>10:15 Balance/Exercise  | <b>13</b><br>8 Gosnold Counseling<br>8:45 Strength Training<br>10:15 Balance/Exercise<br>3 Alzheimer's/Dementia<br>Caregiver's Support Grp. | <b>14</b><br>8:45 Strength Training<br>10 Ask A Nurse<br>10 Legal Aid<br>10:15 Balance/Exercise<br>4 Friends of the COA                     | <b>15</b><br>8:45 Stretch & Strengthen<br>11:30 Gosnold Counseling<br>12:30 Iris's Café<br>1 Quilting<br>1:30 Book Club ~ <i>A Perfect Spy</i><br>2 Scrabble | <b>16</b><br>8:45 Strength Training<br>10:15 Balance/Exercise<br>1 Bridge                |
| <b>19</b> <i>START</i><br><i>NEW 10 WEEK</i><br><i>EXERCISE SESSION</i><br>8:45 Strength Training<br>9 Marlene Denessen, PhD<br>10:15 Balance/Exercise | <b>20</b><br>8 Gosnold Counseling<br>8:45 Strength Training<br>10 Caregiver's Support Grp.<br>10:15 Balance/Exercise                        | <b>21</b><br>8:45 Strength Training<br>9 COA Board<br>10 Ask A Nurse<br>10:15 Balance/Exercise<br>4 Are You Ready For<br>Medicare?          | <b>22</b><br>8:45 Stretch & Strengthen<br>10:30 Bereavement Support<br>11:30 Gosnold Counseling<br>12:30 Iris's Café<br>2 Scrabble                           | <b>23</b><br>8:45 Strength Training<br>9 Dr. Campo<br>10:15 Balance/Exercise<br>1 Bridge |
| <b>26</b><br>8:45 Strength Training<br>9 Marlene Denessen, PhD<br>10:15 Balance/Exercise   | <b>27</b><br>8 Gosnold Counseling<br>8:45 Strength Training<br>10:15 Balance/Exercise   | <b>28</b><br>8:45 Strength Training<br>10 Ask A Nurse<br>10:15 Balance/Exercise   | <b>29</b><br>8:45 Stretch & Strengthen<br>11:30 Gosnold Counseling<br>12:30 Iris's Café<br>2 Scrabble  | <b>30</b><br>8:45 Strength Training<br>10:15 Balance/Exercise<br>1 Bridge                |



# April 2018 ~ COA Activities



| Monday  | Tuesday  | Wednesday   | Thursday  | Friday   |
|---|--|---|---|--|
| <b>2</b><br>8:45 Strength Training<br>10:15 Balance/Exercise<br>       | <b>3</b><br>8:45 Strength Training<br>10:15 Balance/Exercise<br>10:15 Caregiver's Support Grp.                   | <b>4</b><br>8:45 Strength Training<br>10:15 Ask A Nurse<br>10:15 Balance/Exercise<br><i>11 American Red Cross Home Fire &amp; General Disaster Preparedness</i> | <b>5</b><br>8:45 Stretch & Strengthen<br>11:30 Gosnold Counseling<br>12:30 Iris's Café<br>1 Quilting<br>2 Scrabble  | <b>6</b><br>8:45 Strength Training<br>10:15 Balance/Exercise<br>1 Bridge                 |
| <b>9</b><br>8:45 Strength Training<br>9 Marlene Denessen, PhD<br>10:15 Balance/Exercise   | <b>10</b><br>8:45 Strength Training<br>10:15 Balance/Exercise<br>3 Alzheimer's/Dementia Caregiver's Support Grp. | <b>11</b><br><i>8:30 Coffee With A Cop</i><br>8:45 Strength Training<br>10 Legal Aid<br>10 Ask A Nurse<br>10:15 Balance/Exercise                                | <b>12</b><br>8:45 Stretch & Strengthen<br>10:30 Bereavement Support<br>11:30 Gosnold Counseling<br>12:30 Iris's Café<br>2 Scrabble                                | <b>13</b><br>8:45 Strength Training<br>9 Dr. Campo<br>10:15 Balance/Exercise<br>1 Bridge |
| <b>16</b><br><i>COA CLOSED<br/>TODAY FOR<br/>PATRIOTS' DAY</i>  | <b>17</b><br>8:45 Strength Training<br>10:15 Caregiver's Support Grp.  | <b>18</b><br>8:45 Strength Training<br>9 COA Board<br>10 Ask A Nurse<br>10:15 Balance/Exercise<br><i>1 Collage Making</i><br>4 Are You Ready for Medicare?      | <b>19</b><br>8:45 Stretch & Strengthen<br>11:30 Gosnold Counseling<br>12:30 Iris's Café<br>1 Quilting<br>1:30 Book Club ~ <i>The Satanic Verses</i><br>2 Scrabble | <b>20</b><br>8:45 Strength Training<br>10:15 Balance/Exercise<br>1 Bridge                |
| <b>23</b><br>8:45 Strength Training<br>9 Marlene Denessen, PhD<br>10:15 Balance/Exercise<br><b>7 PM ANNUAL TOWN MEETING ~ WELLFLEET ELEMENTARY SCHOOL</b> | <b>24</b><br>8:45 Strength Training<br>10:15 Balance/Exercise  | <b>25</b><br>8:45 Strength Training<br>10:15 Ask A Nurse<br>10:15 Balance/Exercise<br><i>1 Collage Making</i>   | <b>26</b><br>8:45 Stretch & Strengthen<br>10:30 Bereavement Support<br>11:30 Gosnold Counseling<br>12:30 Iris's Café<br>2 Scrabble                                | <b>27</b><br>8:45 Strength Training<br>9 Dr. Campo<br>10:15 Balance/Exercise<br>1 Bridge |



**GREAT POND ARTIST  
OF THE MONTH  
RACHEL GIESE BROWN**

**30**  
*NO EXERCISE TODAY*  
 ANNUAL TOWN  
 ELECTION ~ POLLS  
 OPEN AT 12 NOON

**Wellfleet Council on Aging**  
**715 Old King's Highway**  
**Wellfleet, MA 02667**

**COA Board Members:**

Patricia Shannon ~ Chair  
Dorothy Oberding ~ Vice Chair  
Robin Slack ~ Secretary  
Paul Goetinck  
Sarah Multer ~ FCOA Liaison  
Fred Nass  
Brian Quigley  
Dian Reynolds  
Evelyn Savage  
Wilson Sullivan

**Friends of the COA:**

Maureen Schraut ~ President/COA Board Liaison  
Carol Parlante ~ Vice President  
Sylvia Smith ~ Treasurer  
Karen Kaminski ~ Secretary  
Meredith Blakeley  
Greta Einig  
Sarah Multer

*Thank you to the Friends of the Council on Aging for providing supplemental printing costs for THE WAVE.*

**IRIS'S CAFÉ**

**Every Thursday at 12:30 - \$7.50 per person, all luncheons include coffee & dessert, reservations required by Wednesday**

|                              |  |
|------------------------------|--|
| <b>March 1<sup>st</sup></b>  | Pan seared citrus chicken with Feta, spinach & rice                    |
| <b>March 8<sup>th</sup></b>  | Salmon cakes with slaw salad, potato leek soup                         |
| <b>March 15<sup>th</sup></b> | St. Patrick's Day ~ Corned beef and cabbage                            |
| <b>March 22<sup>nd</sup></b> | Turkey tetrazzini, house salad   |
| <b>March 29<sup>th</sup></b> | Crab ravioli with lemon scallion butter, spring asparagus              |
| <b>April 5<sup>th</sup></b>  | Ham & cheese quiche, minted peas, baby kale salad                      |
| <b>April 12<sup>th</sup></b> | Chicken piccata over pasta, vegetable                                  |
| <b>April 19<sup>th</sup></b> | Shepherd's pie, apple spinach salad                                    |
| <b>April 26<sup>th</sup></b> | Panko crusted cod w/tartar, honey ginger carrots, orzo wild rice blend |



**MARYANN'S SALADS/SOUPS TO GO**

A pint of salad or soup, depending on the weather ~ Packed to travel on Mondays ~ \$4.00

